

WIC Shopping Guide



**Washington State
WIC Nutrition Program**



April 1, 2012 – March 31, 2013



Welcome to WIC — The Women, Infants, and Children Nutrition Program

Congratulations for making an important and healthy choice by participating in WIC!

Working with WIC clients, grocers, and clinic staff, we have created this guide with WIC shoppers and checkers in mind.

About the WIC Shopping Guide

The WIC Shopping Guide is the **main** source for WIC clients and store staff to get information about WIC approved foods. This guide is designed to help you have a successful shopping experience.

In this guide you will find:

- Information for WIC shoppers and retail checkers
- Lists of approved and not approved foods
- Pictures of specific brands and types of allowed foods

If you have questions or need help...

Ask WIC or grocery store staff, or call WIC Customer Service: 1-800-841-1410.

I hope you have a good shopping experience. Enjoy your healthy WIC foods.

A handwritten signature in black ink that reads 'Janet Jackson Charles'.

Janet Jackson Charles
Washington State WIC Director

WIC is a nutrition program that helps pregnant women, new mothers, and young children eat well, learn about nutrition, and stay healthy. WIC is the federal "Special Supplemental Nutrition Program for Women, Infants, and Children."

WIC provides: health screening, nutrition and health education, breastfeeding promotion and support, help getting other services, and checks for nutritious foods.

Washington State WIC Nutrition Program does not discriminate.

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Using WIC Checks

The following rules apply to WIC checks and WIC Fruit and Vegetable checks:

- Use your checks on or between the first and last day to use.
- Use a check only if your name is printed below the signature box.
- Shop only at approved stores. Look for the “WIC Checks Accepted Here” signs.
- Buy the amounts and types of foods listed on your checks.
- Separate your WIC foods by check, and from other items you are buying.
- Let the checker know you are using WIC checks before you begin your purchase.
- Sign the check only after the checker sees your ID and writes in the amount.



These additional rules apply only to WIC Fruit and Vegetable checks:

- Ask the checker if you can use your WIC Fruit and Vegetable checks together, if more than one person in your family gets WIC Fruit and Vegetable checks. Some stores can process checks this way.

Example: You can combine a \$6 WIC Fruit and Vegetable check with a \$10 WIC Fruit and Vegetable check to pay for \$16 worth of fresh fruits and vegetables.

- If your purchase costs more than the amount on the WIC Fruit and Vegetable check, you are allowed to pay the extra amount.

Example: If the purchase costs \$7, and you are using a \$6 WIC Fruit and Vegetable check, you can pay the extra \$1 to cover the cost.

- If your purchase costs less than the amount on the WIC Fruit and Vegetable check, you are not allowed to receive money back.

Shopping Tips

You can help WIC serve more families by using coupons and loyalty cards, and choosing lower priced foods.

Store specials apply to WIC purchases. This includes buy one, get one free offers.

If you can't find what you are looking for, ask store staff for help.

You do not have to buy all the foods listed on your WIC checks. You may buy less, not more.

Bring your WIC Appointment/ID folder to the store to use as identification. Other forms of ID are accepted. The name on your ID must match one of the names printed below the signature box on the check.

If you sign the check before you give it to the checker, the check will not be accepted.

A form titled "APPOINTMENT AND ID FOLDER" for the "WASHINGTON STATE NUTRITION PROGRAM WIC". It contains several sections: "Print caregiver and/or client name" with a signature line; "Print alternate name" with a signature line; "Print address"; "The name on your ID must match one of the names printed below the signature box on the check. Use this folder at the grocery store for ID when using your WIC checks."; "Examples of ID:" with a list including Driver's License, Military ID card, State ID card, Tribal ID card, and WIC Appointment & ID folder with your printed name and signature; "Your WIC Clinic:"; and "Call your WIC Clinic:" with a list of reasons like "To change an appointment," "About problems at the store," "About problems with your checks," and "If you move." The bottom line says "WIC Supports Your Healthy Lifestyle!".

Weights and Measures

Abbreviations:

Ounces = OZ

Pound = LB

Equivalents:

½ gallon = 2 quarts

1 gallon = 2 half-gallons

1 gallon = 3.8 liters

½ pound = 8 ounces

1 pound = 16 ounces

1 pound = 0.45 kilograms

Shopping Tip

Look for Shopping Tips throughout the guide.

Baby Cereal

APPROVED

Must Be

8 oz or 16 oz

Boxes

Dry

Plain

These brands:

Beech-Nut

Gerber



You Can Choose

Any type, including barley, mixed grain, multigrain, oatmeal, rice, and whole wheat

NOT APPROVED

Do Not Buy

Brands, sizes, and types not listed as approved

Cans

Cartons

Jars

Single-serve or individual packets

Added fruit, formula, or flavors

DHA

Organic

Prebiotic or probiotic

Baby Food – Meats

APPROVED

Must Be

2.5 oz glass jars

Plain

Stage 1 or Stage 2



You Can Choose

Any brand

Any variety

Single meat

With broth

With gravy

NOT APPROVED

Do Not Buy

Sizes and types not listed as approved

Plastic containers

Added flavors, foods, or spices

Casseroles

DHA

Dinners

Meat sticks

Mixed with fruits or vegetables

Noodles or rice

Organic

Stage 3



For Fully Breastfeeding Babies

Baby Food – Fruits and Vegetables

APPROVED

Must Be

4 oz glass jars

Plain

These brands:

Beech-Nut Stage 2 Homestyle

Gerber 2nd Foods



You Can Choose

Any variety

Combinations of fruits

Combinations of vegetables

Single fruit

Single vegetable

NOT APPROVED

Do Not Buy

Brands, sizes, and types not listed as approved

Plastic containers

Added formula or flavors

Casseroles

Cobblers

Desserts

DHA

Dinners

Grains

Meats

Noodles or rice

Organic

Stage 1, Stage 2 ½, or Stage 3

Breastfeeding provides moms and babies with lifelong health benefits. WIC supports breastfeeding. The more you breastfeed, the more WIC foods you receive!



Formula

Only the formula printed on the check is allowed. For information about WIC Approved Formulas, visit www.doh.wa.gov/cfh/WIC/formula.htm, or call WIC Customer Service at 1-800-841-1410.

A collage of 12 different cereal boxes arranged in a 3x4 grid. The brands and products shown are: Cheerios (heart-shaped cereal), Corn Chex (corn flakes, gluten-free), Corn Flakes (Kellogg's), Mini-Wheats (bite size), Kix (corn flakes, gluten-free), Life (Quaker), Grape-Nuts (Post), Rice Chex (gluten-free), Wheat Chex (gluten-free), Bran Flakes (Essential Everyday), Essential Choice Bran Flakes (Post), Bran Flakes (Post), Great Value Bran Flakes (Great Value), IGA Bran Flakes (IGA), Enriched Bran Flakes (Kashi), and Western Family Wheat Bran (Western Family). Each box features its own branding, colors, and images of the cereal.

The collage features eight cereal boxes. The top row includes three boxes of Cream of Wheat (Original, Raisin Bran, and Raisin Bran with Oats), a box of Great Value Original Instant Oatmeal, and a box of Honey Nut Cheerios. The bottom row includes two boxes of Quaker Original Instant Oatmeal, a box of Instant Oatmeal Regular, and a box of Instant Oatmeal Original.

Diagram illustrating the relationship between different block sizes and their total weight:

- Three 12 oz blocks are equivalent to 36 oz.
- Two 18 oz blocks are equivalent to 36 oz.
- One 16.5 oz block and one 17.2 oz block are equivalent to 33.7 oz.

NOT APPROVED

Cream of Wheat (1 minute,
2 ½ minute, 10 minute)

Instant oatmeal in boxes
containing individual packets:

- Essential Everyday Original Flavor *
- Great Value, Original *
- Hy-Top, Regular Flavor *
- IGA, Regular Flavor *
- Safeway, Regular Flavor *
- Quaker Oats, Original *
- Western Family, Regular Flavor *

Brands, sizes, and types not listed as approved
Bags of breakfast cereal
Added flavors, foods, or spices

You can choose oatmeal in boxes containing individual packets when "breakfast cereal" is printed on the check.

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APPROVED

Must Be

16 oz packaged block when "1 LB cheese" is printed on the check
 Made from pasteurized cow's milk
 Made in USA
 Plain
 These types:
 Cheddar (mild, medium, or sharp, yellow or white)
 Colby
 Colby Jack
 Monterey Jack
 Mozzarella (part skim, whole milk, block, ball, or vacuum-packed)



You Can Choose

8 oz packaged blocks only when "kosher cheese" is printed on the check
 Two 16 oz packaged blocks when "2 LB cheese" is printed on the check
 32 oz packaged block when "2 LB cheese" is printed on the check
 Any brand
 Calcium and/or Vitamin D fortified
 Fat free, low fat, and reduced fat
 Reduced-sodium

NOT APPROVED

Do Not Buy

Sizes and types not listed as approved
 Single-serve or individual packets
 Added flavors, foods, or spices
 Cheese from raw milk
 Cracker cut
 Cream cheese
 Deli cheese
 Diced, crumbled, cubed, cut, grated, shredded, or sliced
 DHA/ARA
 Extra sharp cheddar
 Fresh mozzarella
 Goat or sheep
 Imported
 Lactose free
 Low- or reduced-cholesterol
 Muenster
 Organic
 Parmesan
 Pasteurized process American
 Provolone
 Queso fresco
 Ricotta
 String cheese
 Swiss
 Unpasteurized
 Vintage cheese

APPROVED

Must Be

Plain

You Can Choose

16 oz bags
 Bulk (sold by weight)
 Any brand
 Any variety
 Non-organic or organic



NOT APPROVED

Do Not Buy

Sizes and types not listed as approved
 Boxes
 Cans
 Added flavors, foods, or spices
 Barley
 Bean and rice mix
 Coffee beans
 Dried refried beans
 Frozen
 Green beans
 Jelly beans
 Soup or soup mix
 Vanilla beans

APPROVED

Must Be

12-count carton (1 dozen)
White, chicken eggs

**You Can Choose**

Any brand
Small, medium, or large size

NOT APPROVED

Do Not Buy

Sizes and types not listed as approved
6- or 18-count cartons
Bulk eggs
Brown eggs
Cage-free
DHA
Duck eggs
Extra-large or jumbo-size eggs
Fertile
Free-range
Liquid, pasteurized, powdered, or egg substitute products
Naturally-nested or other specialty eggs
Non-chicken eggs
Omega 3
Organic
Single hard-boiled eggs

APPROVED

Must Be

Chunk light tuna in water,
5 oz to 6 oz
Pink salmon, 5 oz to 14.75 oz
Cans
Plain

**You Can Choose**

Any brand
Boneless
Low-sodium
Skinless

NOT APPROVED

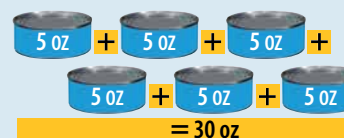
Do Not Buy

Sizes and types not listed as approved
Tuna in 12 oz can
Foil bags
Pouches
Snack packs
Added flavors, foods, or spices
Albacore tuna
Dried
Fillet
Fresh
Frozen
Gourmet
Mackerel
Red salmon
Sardines
Smoked
Solid or chunk white tuna
Specialty salmon or tuna steak
Tongol tuna
Yellowfin tuna

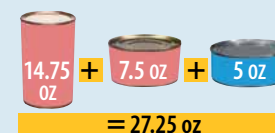


For Fully Breastfeeding Women

You can choose a combination of chunk light tuna and pink salmon up to the amount of ounces (oz) printed on the check. Examples:



OR



APPROVED	NOT APPROVED
Must Be	Do Not Buy
Fresh fruits	Types not listed as approved
Fresh vegetables	Added dips, dressings, fats, or oils
	Added flavors, foods, or spices
	Added juice or syrup
You Can Choose	Breaded, canned, cooked, creamed, dried, frozen, or soups
Bags or packages	Edible blossoms or flowers
Bulk (sold by weight)	Fruit baskets
Plastic bowls, cups, tubs, or clam shell containers	Fruit roll-ups or fruit leathers
Any brand	Herbs or spices, such as aloe vera, anise, banana leaves, basil, bay leaves, caraway, chervil, chives, cilantro, corn husk, dill, fenugreek, horseradish, lemongrass, lime leaves, marjoram, mint, oregano, parsley, rosemary, sage, savory, tarragon, thyme, vanilla beans, or wheatgrass
Any combination of fruits and vegetables	Ornamental or decorative items, such as chili peppers, garlic on string, gourds, carved, or painted pumpkins
Any variety	Party trays, platters, or trays
Non-organic or organic	Potatoes (except sweet potatoes and yams), including blue, purple, red, white, yellow, or Yukon Gold
Whole or cut	Salad bar items
Yams or sweet potatoes	Sugar or sugar cane

Want to know how much fruits and vegetables will cost?

1. Weigh an item, and round the weight up to the nearest ½ pound.
2. Under the “price per pound” column, find the closest price per pound of the item.
3. Read across the row to find the cost based on the weight of the item.
4. Repeat these steps for each item.
5. Add together each item’s cost to know about how much all of the fruits and vegetables you plan to buy will cost.

Price per pound (LB)	1 LB	1½ LB	2 LB	2½ LB	3 LB	3½ LB	4 LB	4½ LB	5 LB
\$ 0.49	0.49	0.74	0.98	1.23	1.47	1.72	1.96	2.21	2.45
0.59	0.59	0.89	1.18	1.48	1.77	2.07	2.36	2.66	2.95
0.69	0.69	1.04	1.38	1.73	2.07	2.42	2.76	3.11	3.45
0.79	0.79	1.19	1.58	1.98	2.37	2.77	3.16	3.56	3.95
0.89	0.89	1.34	1.78	2.23	2.67	3.12	3.56	4.01	4.45
0.99	0.99	1.49	1.98	2.48	2.97	3.47	3.96	4.46	4.95
1.09	1.09	1.64	2.18	2.73	3.27	3.82	4.36	4.91	5.45
1.19	1.19	1.79	2.38	2.98	3.57	4.17	4.76	5.36	5.95
1.29	1.29	1.94	2.58	3.23	3.87	4.52	5.16	5.81	6.45
1.39	1.39	2.09	2.78	3.48	4.17	4.87	5.56	6.26	6.95
1.49	1.49	2.24	2.98	3.73	4.47	5.22	5.96	6.71	7.45
1.59	1.59	2.39	3.18	3.98	4.77	5.57	6.36	7.16	7.95
1.69	1.69	2.54	3.38	4.23	5.07	5.92	6.76	7.61	8.45
1.79	1.79	2.69	3.58	4.48	5.37	6.27	7.16	8.06	8.95
1.89	1.89	2.84	3.78	4.73	5.67	6.62	7.56	8.51	9.45
1.99	1.99	2.99	3.98	4.98	5.97	6.97	7.96	8.96	9.95
2.09	2.09	3.14	4.18	5.23	6.27	7.32	8.36	9.41	10.45
2.19	2.19	3.29	4.38	5.48	6.57	7.67	8.76	9.86	10.95
2.29	2.29	3.44	4.58	5.73	6.87	8.02	9.16	10.31	11.45
2.39	2.39	3.59	4.78	5.98	7.17	8.37	9.56	10.76	11.95
2.49	2.49	3.74	4.98	6.23	7.47	8.72	9.96	11.21	12.45
2.59	2.59	3.89	5.18	6.48	7.77	9.07	10.36	11.66	12.95
2.69	2.69	4.04	5.38	6.73	8.07	9.42	10.76	12.11	13.45
2.79	2.79	4.19	5.58	6.98	8.37	9.77	11.16	12.56	13.95
2.89	2.89	4.34	5.78	7.23	8.67	10.12	11.56	13.01	14.45



Apple



Grape



Grapefruit



Orange



Pineapple



Tomato and Vegetable



Cans or Plastic Bottles (46 OZ)

APPROVED

Must Be

46 oz cans or 46 oz plastic bottles
These brands and types:

Apple

Great Value Apple
Tree Top 100% Apple

Grape

Welch's 100% Grape
Welch's 100% White Grape

Grapefruit

Great Value Pink Grapefruit
Great Value White Grapefruit
Texsun Ruby Red Grapefruit

Orange

Texsun Orange

Pineapple

Dole Pineapple
Fred Meyer Unsweetened Pineapple
Haggen Unsweetened Pineapple
IGA Pineapple
Western Family Pineapple

Tomato and Vegetable

Campbell's Tomato
Haggen Tomato
Haggen Vegetable
IGA Tomato
Kroger Tomato
V8 100% Vegetable
V8 Essential Antioxidants
100% Vegetable
Western Family Tomato
Western Family Vegetable

NOT APPROVED

Do Not Buy

Brands, sizes, and types not listed as approved
Sizes other than 46 oz
Cartons or glass bottles
Cider, cocktail, fruit juice blend, juice drink, lemon, lemonade, lime, limeade, or punch
Organic
Refrigerated

Shopping Tip

You can choose a combination of juice in 46 oz cans, 46 oz plastic bottles, or frozen containers when "2 juice" is printed on the check.

Apple



Grape



Grapefruit Any Brand



Orange Any Brand



Pineapple



Frozen (11.5 OZ or 12 OZ)

APPROVED	NOT APPROVED
Must Be 11.5 oz or 12 oz frozen These brands and types:	Do Not Buy Brands, sizes, and types not listed as approved Sizes other than 11.5 oz or 12 oz Cider, cocktail, fruit juice blend, juice drink, lemon, lemonade, lime, limeade, or punch Organic
Apple Albertsons Apple Favorite Apple Fred Meyer Apple Great Value 100% Apple Hy-Top 100% Apple IGA Apple Kroger 100% Apple Old Orchard 100% Apple Safeway Apple Tree Top 100% Apple Western Family 100% Apple	
Grape Albertsons Grape Great Value 100% Grape Hy-Top 100% Grape Old Orchard 100% Grape Old Orchard 100% White Grape Welch's 100% Grape Welch's 100% White Grape Western Family 100% Grape	
Grapefruit Any brand 100% grapefruit juice	
Orange Any brand 100% orange juice	
Pineapple Dole 100% Pineapple Old Orchard 100% Pineapple	
	Shopping Tip You can choose a combination of juice in frozen containers, 46 oz cans, or 46 oz plastic bottles when "2 juice" is printed on the check.

Apple



Grape



Orange Any Brand



Pineapple



Plastic Bottles (64 oz)

APPROVED	APPROVED
Must Be	Orange
64 oz plastic bottles only	Any brand 100% Orange Juice
These brands and types:	Some examples are listed below:
Apple	Big Tex
Albertsons Apple	Flavorite
Albertsons Apple with Calcium and Vitamin C	Golden Crown
Flavorite 100% Apple	Langers
Fred Meyer 100% Apple	Old Orchard
Haggen 100% Apple	Safeway
Hy-Top 100% Apple	Tropicana
IGA 100% Apple	Western Family
Kroger Apple	Pineapple
Nestle Juicy Juice Apple	Albertsons Pineapple
Safeway 100% Juice Apple	Langers 100% Pineapple
Tree Top 100% Apple	Safeway 100% Pineapple
Western Family 100% Apple	Western Family 100% Pineapple
Grape	
Albertsons Grape	
Albertsons White Grape	
Flavorite Grape	
Flavorite White Grape	
Fred Meyer 100% Grape	
Fred Meyer White 100% Grape	
Great Value 100% Grape	
Great Value 100% White Grape	
Haggen 100% Grape	
Haggen 100% White Grape	
IGA 100% Grape	
IGA 100% White Grape	
Kroger Grape	
Kroger White Grape	
Safeway 100% Grape	
Safeway 100% White Grape	
Welch's 100% Grape	
Welch's 100% White Grape	
Welch's Red 100% Grape	
Western Family 100% Grape	
Western Family White Grape	
	NOT APPROVED
	Do Not Buy
	Brands, sizes, and types not listed as approved
	Sizes other than 64 oz
	Container types other than plastic bottles
	Refrigerated
	Cider, cocktail, cranberry, fruit juice blend, grapefruit, juice drink, lemon, lemonade, lime, limeade, or punch
	Organic

2%, 1%, or Nonfat

APPROVED

Must Be

2%, 1%, or nonfat milk
Only the type of milk printed on the WIC check
Plastic or paper containers
Cow's milk
Fortified with Vitamins A and D
Homogenized
Pasteurized
Plain, unflavored
Refrigerated



You Can Choose

Combinations of gallons or half-gallons
Quarts only allowed when printed on the check
Acidophilus
Any brand
Calcium-fortified
Fat free
Kosher
Lactobacillus
Low fat
Probiotics
Skim milk with added thickeners, such as Creamy Fat Free, Skim Royal, Skim Supreme

NOT APPROVED

See page 22.

Whole

APPROVED

Must Be

Whole milk
Only the type of milk printed on the WIC check
Plastic or paper containers
Cow's milk
Fortified with Vitamin D
Homogenized
Pasteurized
Plain, unflavored
Refrigerated

You Can Choose

Combinations of gallons or half-gallons
Quarts only allowed when printed on the check
Acidophilus
Any brand
Calcium-fortified
Kosher



NOT APPROVED

See page 22.

Lactose Free

APPROVED

Must Be

Lactose free milk
Only the type of milk printed on the WIC check
Plastic or paper containers
Cow's milk
Fortified with Vitamins A and D
Homogenized
Pasteurized
Plain, unflavored
Refrigerated



You Can Choose

Combinations of gallons or half-gallons
Quarts only allowed when printed on the check
2%, 1%, nonfat, or whole lactose free milk
Acidophilus
Any brand
Calcium-fortified
Kosher
Lactobacillus

NOT APPROVED

See page 22.

Dry

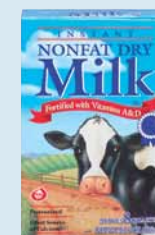
APPROVED

Must Be

Dry milk
Only the type of milk printed on the WIC check
Mixes to 1 quart of milk or more
Cow's milk
Fortified with Vitamins A and D
Homogenized
Pasteurized
Plain, unflavored

You Can Choose

Boxes, cylinders, plastic bags, or pouches
2%, 1%, nonfat, or whole dry milk
Any brand
Calcium-fortified
Kosher



NOT APPROVED

See page 22.

Evaporated

APPROVED

Must Be

12 oz can
Evaporated milk
Only the type of milk printed on the WIC check
Cow's milk
Fortified with Vitamins A and D
Homogenized
Pasteurized
Plain, unflavored

You Can Choose

2%, 1%, nonfat, or whole evaporated milk
Any brand
Calcium-fortified
Kosher



NOT APPROVED

See list below.

NOT APPROVED FOR ALL TYPES OF MILK

Do Not Buy

Sizes and types not listed as approved
Added flavors, foods, or spices
Pints, half-pints, or smaller
Glass bottles, shelf-stable, or UHT containers
Single-serve or individual packets
Bulk powdered milk
Buttermilk
Chocolate milk
DHA/ARA
Half and half

Hemp, nut, rice, or other grain beverages
Kefir
Low-carb dairy beverage
Omega 3
Organic
Other animal milk, such as goat or sheep
Raw milk
Soy milk or beverage
Sweetened condensed milk
Unpasteurized milk
Whipping cream

APPROVED

Must Be

16 oz to 18 oz jar
Plain



You Can Choose

Any brand
Creamy or smooth
Chunky or extra chunky
Crunchy or extra crunchy
Low sodium
Natural peanut butter
No stir or stir
Salted or unsalted

NOT APPROVED

Do Not Buy

Sizes and types not listed as approved
Sizes other than 16 oz to 18 oz
Bulk
Added flavors, foods, or spices
Added oils, such as flax or safflower
DHA/ARA
Freshly ground or grind-it-yourself
Gourmet
Low-carb peanut butter spread
Low-glycemic
Natural spread
Nut or seed butters, such as almond, cashew, sesame, soy, sunflower, or tahini
Omega 3
Organic
Reduced-fat
Roasted honey nut
Single-serve or slices
Spread
"Squeeze It" tubes
Valencia
Vitamin E

APPROVED

Must Be

These brands and types:

8th Continent Soymilk
Half-gallon containers
Refrigerated
Original or Vanilla

Pacific Ultra Soy
32 oz (quart) containers
Shelf-stable
Plain or Vanilla



NOT APPROVED

Do Not Buy

Brands, sizes, and types not listed as approved

APPROVED

Must Be

12 oz to 16 oz container

Calcium-set

Plain



You Can Choose

Any brand

Refrigerated or shelf-stable

NOT APPROVED

Do Not Buy

Sizes and types not listed as approved
Sizes other than 12 oz to 16 oz
Added flavors, foods, or spices
Baked, cubed, or sliced
Dessert tofu

Shopping Tip

You can choose **any brand** of tofu. **Some examples** are listed below.

Azumaya Extra Firm
Azumaya Firm
Azumaya Silken
Frieda's Extra Firm
Frieda's Firm
Frieda's Soft
House Foods Organic Extra Firm
House Foods Organic Firm
House Foods Organic Medium Firm
House Foods Organic Soft (Silken)
House Foods Premium Extra Firm
House Foods Premium Extra Soft
House Foods Premium Firm
House Foods Premium Medium Firm

House Foods Premium Soft (Silken)
Mori-Nu Organic Silken Extra Firm
Mori-Nu Organic Silken Firm
Mori-Nu Organic Silken Lite Firm
Nasoya Lite Firm
Nasoya Lite Silken
Nasoya Organic Extra Firm
Nasoya Organic Firm
Nasoya Organic Silken
Nasoya Organic Soft
Safeway O Organics Extra Firm
Safeway O Organics Firm
Sun Luck Chinese Style Firm
Sun Luck Japanese Style
Sun Luck Nugoshi Soft

Shopping Tip

You can buy quarts, half gallons, or a combination when "quart(s) soy beverage" is printed on the check.

Shopping Tip

You can choose a combination of whole grain choices up to the amount of ounces (OZ) printed on the check.



Whole Grain Choices:

- **Brown Rice**
- **Bulgur**
- **Oatmeal**
- **Soft Tortillas**
- **100% Whole Wheat Bread**

Brown Rice

APPROVED

Must Be

Plain



You Can Choose

16 oz to 32 oz bags
Bulk (sold by weight)
Any brand
Gluten-free
Long grain or short grain
Instant or regular
Non-organic or organic

NOT APPROVED

Do Not Buy

Sizes and types not listed as approved
Added flavors, foods, or spices
Boxes
Basmati, black, jasmine, mahogany, white, or wild
Gourmet
Mixed rice

Bulgur

APPROVED

Must Be

Plain

You Can Choose

16 oz to 32 oz bags
Bulk (sold by weight)
Any brand
Non-organic or organic



NOT APPROVED

Do Not Buy

Sizes and types not listed as approved
Boxes
Added flavors, foods, or spices

Oatmeal

APPROVED

Must Be

Plain



You Can Choose

16 oz to 32 oz bags
Bulk (sold by weight)
Any brand
Gluten-free
Instant or quick
Non-organic or organic
Old-fashioned or regular
Rolled or steel-cut

NOT APPROVED


Do Not Buy

Sizes and types not listed as approved
Boxes
Cylinders
Added flavors, foods, or spices
Granola

Shopping Tip

You can choose oatmeal in bags or in bulk when "whole grain choices" is printed on the check.

Soft Tortillas

APPROVED	NOT APPROVED
Must Be Packages, 8 oz to 32 oz Yellow or white corn soft tortillas Whole wheat soft tortillas Plain	Do Not Buy Sizes and types not listed as approved Added flavors, foods, or spices Chips, taco salad bowls, taco shells, tostada, or any other hard tortillas Mixed-grain tortillas, such as corn and wheat together Sprouted wheat Store-made tortillas Tortillas with "light" or "lite" on the label Wraps
You Can Choose Any brand Low-sodium	
	

Shopping Tip

You can choose **any brand** of soft tortillas. **Some examples** are listed below.

Celia's White Corn
 Celia's Whole Wheat
 Carlita Corn
 Don Pancho 6" White Corn
 Don Pancho 6" Yellow Corn
 Don Pancho White or Yellow Corn
 Garden of Eatin' Organic Whole Wheat
 Great Value Corn
 Guerrero 100% Whole Wheat
 Guerrero White or Yellow Corn

La Banderita White Corn
 La Banderita Whole Wheat
 La Burrita 8" Yellow Corn
 Mission 96% Whole Wheat
 Mission White Corn – Super Size
 Mission Yellow Corn – Extra Thin
 Mission Yellow Corn – Super Size
 Mission Whole Wheat
 Ortega Whole Wheat
 Pepito White Corn
 Pepito Whole Wheat
 Tia Rosa White Corn
 Tia Rosa Yellow Corn Taco Size

100% Whole Wheat Bread

APPROVED	NOT APPROVED
Must Be Packages, 16 oz to 32 oz 100% whole wheat bread Loaf, plain, sliced	Do Not Buy Sizes and types not listed as approved Added flavors, foods, or spices Artisan or gourmet (bread baked in small batches) Breads not wrapped in plastic Breads with "light" or "lite" on the label DHA Extra fiber French bread Frozen or refrigerated dough Gluten-free breads Multigrain Sourdough bread Sprouted wheat Store-made bread Uncooked bread mixes Unsliced
You Can Choose Any brand Low-sodium	
	

Shopping Tip

You can choose **any brand** of 100% whole wheat bread. **Some examples** are listed below.

Albertsons
 Country Oven
 Franz
 Franz 50 Calorie
 Franz 100% Stone Ground
 Franz Big Horn Valley All Natural
 Franz Oregon Trail
 Fred Meyer
 Great Value
 Haggen
 Haggen Stone Ground

Oroweat
 Oroweat Country
 Roman Meal All Natural
 Royal Hearth
 Safeway Kitchens
 Safeway Kitchens Country
 Safeway Open Nature
 Sara Lee Classic
 Sara Lee Hearty & Delicious
 Sara Lee Hearty & Delicious with Honey
 Sara Lee Soft & Smooth
 The Bread Garden 100% Stone Ground
 Yoke's Fresh Market

WIC Customer Identification

1. The name of the person using the WIC check must be printed below the customer signature box on the check and match the identification (ID).
2. Identification must be shown when a WIC check is used.
3. **A WIC Appointment/ID folder with the printed name and signature of the person using the check is all the identification needed.**
4. If the WIC customer doesn't have their WIC Appointment/ID folder, or if it does not have their printed name and signature, use the following list for examples of other types of ID that can be used:
 - Driver's License
 - Military ID card
 - State ID card
 - Tribal ID card
5. WIC checks must be signed in the presence of the checker and after the actual purchase price is written on the check.
6. If the check is signed before it is presented to the checker, the WIC check cannot be used.



APPOINTMENT AND ID FOLDER

WASHINGTON STATE
NUTRITION PROGRAM **WIC**

► Print caregiver and/or client name _____

Signature _____

► Print alternate name _____

Signature _____

Client name(s) _____

► The **name** on your ID **must match** one of the names printed below the signature box on the check.

► **Use this folder at the grocery store for ID when using your WIC checks.**

Examples of ID:

- Driver's License
- State ID card
- Military ID card
- Tribal ID card
- WIC Appointment & ID folder with your printed name and signature.

Your WIC Clinic: _____

Call your WIC Clinic:

- To change an appointment.
- About problems at the store.
- About problems with your checks.
- If you move.

WIC Supports Your Healthy Lifestyle!

Important Points to Remember at the Check Stand

- WIC customers must be allowed to buy all the foods in the amounts listed on the check.
- WIC customers may choose not to buy all the foods on the check.
- Sell only what's on the check—no substitutions are allowed.
- WIC customers can use manufacturer and store coupons, and loyalty cards. Deduct the value of the coupon(s) before entering the total amount of the sale on the WIC check.
- WIC customers are entitled to store promotions offered to all customers (for example: buy one, get one free).
- Print clearly and carefully on the check using a black or dark blue ink pen.
- For WIC Fruit and Vegetable checks never enter more than the value of the check in the Actual Purchase Price box.
- Always get the WIC customer's signature on the check. Checks without signatures cannot be paid.
- WIC customers must be treated with the same courtesies extended to other shoppers.
- If you have to refuse a WIC check, use all your customer service skills to explain why. Tell the WIC customer they can take the check back to their WIC clinic for help or more information.
- If a WIC customer needs a WIC approved food that is not in stock, do not issue a rain check or allow them to come back to the store to get the missing item.
- A WIC check cannot be used to pay a bill or an account that a WIC customer has at your store.

WIC Customer Returns of Approved Foods

WIC customers may return WIC approved food if it is found to be spoiled or defective. They can have the exact same brand, type, and size of product as the one that was returned. They cannot have other types of food, credit, cash, gift cards, or coupons in exchange for the defective product.

How to Take a WIC Check

WIC WASHINGTON STATE DEPARTMENT OF HEALTH
P.O. BOX 47886 OLYMPIA, WA 98504-7886
1-800-841-1410

"Quit Smoking, 1-800-Quit-Now"

United Community Bank 64 1968 1965567100
611

Client ID#: 000111269 Name: Washington, Noel M
Pay To: Any Washington WIC Approved Store

2 First Day To Use
April 02, 2012

Transaction Date

Last Day To Use
May 02, 2012

*** You may buy less, not more *** See WIC Shopping Guide ***
2 gallon(s) 2%, 1%, or non fat milk, any brand
3 36 oz cereal, 11 oz box or larger
 1 dozen white eggs, small, medium, or large
 1 juice, 64 oz plastic bottles
 1 lb cheese, any brand, made in USA

4 Actual Purchase Price
\$

Retailer Stamp ID Here

Retailer must deposit this check within
60 days of "First Day To Use"

Customer Signature - Show ID to match name below
X

5

☐ Washington, Patrice S
☐ Washington, James D

April 2012
1221 / 20100927 **1**

SAMPLE

1 Getting Started

- Process each WIC check as a separate transaction.
- Ask for the check and the customer's ID.
- The name on the ID must match one of the names listed below the signature box.
- Put a check mark next to the customer's name.
- Refuse the check if it is already signed, the customer has no ID, the customer's name is not listed below the signature box, or if it is altered (for example, if dates or quantities are changed).
- When writing on a check, use a black or dark blue ink pen. Write clearly and do not use colored ink pens or gel pens.

2 Check the dates carefully

- Do not take checks before the "First Day To Use" or after the "Last Day To Use."
- Write today's date in the "Transaction Date" box.

3 Sell only WIC approved foods, and the right amount of food

- Ring up the food in the order listed on the check.
- Make sure the customer selected only WIC approved foods. Refuse to sell foods that are not WIC approved.
- Look at the number of items and quantities listed on the check and sell up to those amounts. It is not a requirement for WIC customers to buy everything on their check.

If you have questions about WIC checks or fruit and vegetable checks, call WIC Customer Service at 1-800-841-1410.

4 Total the sale

- Write the total amount of the sale in the "Actual Purchase Price" box.
- If you make a mistake when you write the total purchase amount, you can correct it. Follow these steps:
 - Draw one line through the incorrect amount
 - Clearly write the correct amount in or close to the box, and write your initials close to the new amount
 - Do not write or scribble over numbers, use white out, or try to erase the incorrect amount

5 Finish the sale with their signature

- Have the customer sign the check in the signature box **after** you complete the "Actual Purchase Price" box.
- Ask them to return the check to you.
- Review the check to be sure it has:
 - Valid dates
 - Correct Actual Purchase Price entered
 - Customer's signature
 - A check mark by the customer's name

How to Take WIC Checks for Fruits and Vegetables

WIC WASHINGTON STATE DEPARTMENT OF HEALTH
P.O. BOX 47886 OLYMPIA, WA 98504-7886
1-800-841-1410

"Quit Smoking, 1-800-Quit-Now"

United Community Bank 64-1968 1965569102
611

Client ID#: 000111269 Name: Washington, Noel M
Pay To: Any Washington WIC Approved Store

2 First Day To Use
April 02, 2012

Transaction Date

Last Day To Use
May 02, 2012

3 6 dollars fresh fruits and/or vegetables
ATTN Checkers: The price you enter on the check must not exceed the dollar amount printed on the check
The Client can pay any extra amount

4 Actual Purchase Price
\$

Retailer Stamp ID Here

Retailer must deposit this check within
60 days of "First Day To Use"

Customer Signature - Show ID to match name below
X

5

☐ Washington, Patrice S
☐ Washington, James D

SAMPLE

April 2012
1211 / 20100927 **1**

1 Getting Started

- WIC customers may combine more than one WIC check for fruits and vegetables in a single transaction.
- Ask for the check and the customer's ID.
- The name on the ID must match one of the names listed below the signature box.
- Put a check mark next to the customer's name.
- Refuse the check if it is already signed, the customer has no ID, the customer's name is not listed below the signature box, or if it is altered (for example, if dates or quantities are changed).
- When writing on a check, use a black or dark blue ink pen. Write clearly and do not use colored ink pens or gel pens.

2 Check the dates carefully

- Do not take checks before the "First Day To Use" or after the "Last Day To Use."
- Write today's date in the "Transaction Date" box.

3 Sell only WIC approved fruits and vegetables

- This guide has information on WIC approved fruits and vegetables (see page 12).
- We encourage WIC customers to buy the full value of the check, but it is not a requirement.

4 Total the sale

- If the purchase is less than the value of the check, write in the actual purchase amount. For example, if the dollar value of the check is \$6.00, and the total amount of the purchase is \$4.50, write in \$4.50.
- If the purchase is more than the value of the check, write the dollar value of the check in the "Actual Purchase Price" box. For example, if the value of the check is \$6.00, and their total purchase is \$7.00, the amount you write on the check is \$6.00. The customer pays the additional dollar themselves,

using a Washington Electronic Benefit Transfer (EBT) Quest card, debit or credit card, check, or cash. If they pay with cash, they can receive change.

- If you make a mistake when you write the purchase amount or dollar value of the check, you can correct it. Follow these steps:
 - Draw one line through the incorrect amount
 - Clearly write the correct amount in or close to the box, and write your initials close to the new amount
 - Do not write or scribble over numbers, use white out, or try to erase the incorrect amount

5 Finish the sale with their signature

- Have the customer sign the check in the signature box after you complete the "Actual Purchase Price" box.
- Ask them to return the check to you.
- Review the check to be sure it has:
 - Valid dates
 - Correct Actual Purchase Price entered
 - Customer's signature
 - A check mark by the customer's name

[illegible]



Washington State Department of Health
WIC Nutrition Program

WIC Customer Service
1-800-841-1410

www.doh.wa.gov

This institution is an equal opportunity provider.

Washington State WIC Nutrition Program does not discriminate.



PUBLIC HEALTH
ALWAYS WORKING FOR A SAFER AND
HEALTHIER WASHINGTON

For persons with disabilities, this document is available on request in other formats.
To submit a request, please call 1-800-841-1410 (TDD/TTY 1-800-833-6388).